

Harper Center Bulletin

World Headquarters for the Williamstown Council on Aging are in the Harper Center at 118 Church Street.

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You can also find us on the municipal website at www.williamstownma.gov or at www.facebook.com/williamstowncouncilonaging

November 2016 Newsletter

Change is a good thing don't you think? Every now and then we need to shake things up and be different and there are a couple changes coming after the start of the new year. OK, one for sure anyway...

Beginning in January we'll be offering meals from Elder Services on Tuesdays but not on Friday. We're switching our programming days and all those events you have on Tuesday will be moving to Friday. Great way to start the weekend eh? And yes, it will affect Bingo. We'll be playing Bingo here at the Harper Center on the second and fourth Tuesdays monthly-alternate days to the monster sized out of town game everyone likes.

It's been difficult to get presenters on Tuesday recently, most folks are willing to come and talk about their programs but there really is a preference for Friday-especially among professionals coming here from out of town. And yes, we'll toss in random Friday bingo games here and there and maybe even once a month. Who knows!

The other eventual change, though maybe not in January, is with this newsletter. This is the 264th edition, the first came out in 1999, so this is actually the 17th anniversary for the Bulletin. It hasn't changed much in design across the years has it? Now we're sliding toward a shorter, less wordy version which will be more calendar oriented. We want something which can be easily produced in print, carry all the important information but which will be friendlier to our e-media savvy friends. Brief and with the capability to be produced weekly if needed, special announcement format. Watch for it!

Oh. Happy Thanksgiving everyone!



Thanksgiving Turkeys

Turkey on Thanksgiving. How many memories are built around a simple November Turkey? For those who can't afford the meal, or who don't have the company or ability to prepare the feast, our friends at All Saints Episcopal Church in North Adams are offering a Turkey dinner with all the traditional fixings delivered straight to your door on Thanksgiving Day, Thursday November 24th. They'll begin taking reservations November 4th. All you have to do is call them at 664.9656 by the 18th and they'll add you to the list. The office there opens at 2:00. By the way-if you don't need a meal but would like to help out. use the same number. I bet they'd be happy to hear from you! And thanks again to Diane Bleau, organizer extraordinaire and her wonderful volunteers!

Hospice

You know the ancient proverb which talks about a journey of one thousand miles beginning with the first steps? I don't know who actually said it or whether the actual phrase I have used is accurate but you all know what I mean. Essentially all things have a beginning and ultimately an end so the first step business is accurate right?

The same is true of life in general, start and finish. With a little luck we'll see the finish coming and will be able get things in order and say goodbye in a thoughtful manner. It doesn't always happen but it's worth hoping for.

One of the ways end of life can be made more palatable is with the intervention of a certified Hospice agency. They can provide all sorts of support to families and patients as the days grow few. On Tuesday November 15th, Eleanor Derby-Kilfoyle from Hospice Services of Western Massachusetts will be here to talk about the Hospice concept, what they can do to help when needed and how to arrange their services. Yes, you do know the name. Eleanor worked here as our outreach worker a while ago. You'll remember her wearing scuba flippers during a fashion show...we had the picture on the bulletin board for about a year!

Eleanor at 12:30 preceded by lunch, menu TBD. Stay tuned!

Crafts for the Harper Group

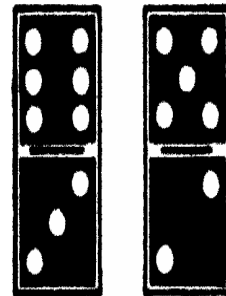
The Friendship Club was famous for it's involvement with crafts across the years and now that it has reinvented itself as something else, the interest seems to be there once more. Do you remember the very large craft group that used to meet on Thursday afternoons or the craft show/sale the Friendship Club hosted annually? That was awhile ago. So now, November 8 Edita Rudzinskiene from Amedisys. will be here at Harper on Tuesday November 8th lead the group in a crafts session which will have members creating typically fall-ish crafts. She didn't tell us what it was she would have you doing but that's ok, not knowing can be fun too.



Dominoes and coffee groups

Last month we had a listening session with some peeps here in the house and a couple of suggestions we had revolved around coffee and donuts and dominos. I had relatives who played dominoes a couple years ago when I was much younger. I couldn't resist the temptation to move them around. Of course my idea of playing dominoes was to line them up and knock them over...anyway, lets try a domino game or two on Thursday November 3 at 1:00. We'll schedule future dates from there!

And how about an initial coffee and donuts gathering on the 10th at 8:30? Nothing fancy, coffee donuts and coffee. You know what I mean! None of those sticky, messy, not able to dunk donuts! Real coffee house original donuts, plain and cinnamon !



WTF at night!

Anybody know the song “Crossroads”? My favorite version is the Cream version, a 1960’s recording of an old classic written by an early blues musician, Robert Johnson. Legend has it that he went down to the crossroads and made a deal with the devil to become a superb bluesman. The original site of the crossroads he writes about is actually marked with a guitar monument in Clarksdale Mississippi, though many believe that the devil’s crossroad is in Rosedale, just like the song...I digress.

On November 1st, we’re going to have an open conversation about crossroads though not the song. Williamstown Theatre Festival artists and creators of our very own “*Orpheus in the Berkshires*” Lucy Thurber and Laura Savia will be in the house to lead a 90 minute workshop beginning with a group discussion about personal and geographic “crossroads” and will touch on playwriting and acting. Wasn’t the last effort with the WTF a blast? So here we go again! No experience necessary, all are welcome, this will be fun for everyone! This workshop is part of the WTF’s Community Engagement Initiative which makes plays for and by the Berkshires. So that’s November 1st, 6:00 to 7:30 pm. Questions? Call us. 458.8250



Google Earth

Last month Elaine Keyes did a small session built around using Google Earth to learn computer navigational skills. We had people at Fenway Park and heading out to other places in Boston and around the neighborhood learning the process. We’ll do it with another group of four on November 10th at 1:00.

It’s really cool peeps, you can fly all over and look at all sorts of exotic places around the world from the comfort of your chair. You can map routes anywhere you want or need to go or look at the house you grew up in as it appears today! Amazing tools right?



So the class is limited to four people and Heather has the sign-up sheet here at the Harper Center office. Scribble quick, four aren’t many openings!

Memory Café

The inaugural Memory Café event in October was well supported and it appears that everyone who attended had a good time for sure! There were lots of breakfast snacks and coffee, juice, a real treat!

Our second event will be on Tuesday November 15th, 9:00 to 11:00. Memory Café is a morning affair where Harper becomes a café, literally, and folks with memory deficits and their support people can come and share some time together. That’s the key here, spending some quality time with others who share your experiences in life. Our friends at BFAIR, who are authors of the grant which brought the program to Williamstown, have created a pretty solid program for us so join us! Tell your friends who might have an interest! It’s free, fun and we’d like to see you!



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Once upon a time we did a great program with our missing friend Maria Connors (where have you been...?) called “Matter of Balance”. It was a multi week series geared toward avoiding falls-and we know that those are dangerous and nasty. Our friends at the Community Coalition have picked up where Elder Services left off with this series and are offering it at the Milne Library starting at 10:00 on Halloween and running through November. Important stuff, check it out. Call the Coalition 664.5057 for information.

If you have a head for numbers and comfortable with computers, you might consider volunteering to help others as an AARP Tax Aide volunteer. Training and lots of support are provided. Call us here at Harper , 458.8250 and we'll connect you with the program coordinator.

Finally, Pat Picard is looking for a few good people to help out at lunch time. Stop by and ask her for the details. She's here most mornings, through lunch and sometimes all day...

Page Four Notes

Foot Care Nurse Serena Merrill will be here on Tuesday, November 15th to clip toenails, trim calluses and work wonders with your feet. There are a couple afternoon sessions left as this is written. Her next stop here in Williamstown will be on Tuesday, December 20 and there are afternoon slots available then as well if you need one.

SHINE Counselor Peggy Jenks will be here on Wednesday morning, November 16th at 10:30 to assist friends with health insurance questions.

Open enrollment for Medicare plans and an opportunity for those wishing to change their coverage is happening now-and the season for that will end on December 7th. Appointments for her Wednesday visits are not needed, sessions with her on other days are. She's been busy folks, so think about it. Should you desire to speak with Peg, we'll be happy to arrange a session, call us here at Harper, 458.8250 and we'll make arrangements.

The monthly Blood Pressure Clinic will be on Tuesday, November 8th at noon. It's Magic Cookie day!!!

Brown Bag for November will be Monday November 21st! Yes, it's moved-Friday is a holiday observation. We'll pick up the bags at the assembly point in North Adams and bring them to Williamstown. Participants may pick them up at the Harper Center that Monday afternoon, we'll deliver them to you personally or you can make arrangements for someone to hold it for you. We won't leave a bag of food outside, so choose one of the options above. Questions? 458.8250.

November 8 is also a Presidential Election Day! Get out and vote or don't complain to us about the results!